

VA Puget Sound Health Care System

PGY-1 Pharmacy Residency Program



Accredited by the American Society of Health-System Pharmacists since 1976

Philosophy

The VA Pharmacy provides pharmaceutical care services in a tertiary care, teaching and research affiliated medical center on two campuses, Seattle and Tacoma. The residency training program prepares pharmacists to face the challenges of contemporary pharmaceutical care. The residency centers on a broad, in-depth experience with emphasis on evidence-based drug therapy and the development of advanced pharmaceutical care practice skills. The program prepares pharmacists to provide the highest quality care in today's challenging health care environment.

Program Description

The VA Puget Sound Health Care System (VA Puget Sound) residency in pharmacy practice is a one-year postgraduate training program (PGY-1). It is accredited by the American Society of Health-System Pharmacists (ASHP) and follows training objectives outlined in the accreditation standard.

The purpose of the VA Puget Sound Healthcare System PGY-1 pharmacy residency program is to prepare residents to be fully functional at the Department of Veterans Affairs Clinical Pharmacist qualification standards upon successful completion of the program. Residents will competently provide patient-specific pharmaceutical care in the ambulatory, inpatient, and administrative settings, ensuring patient safety, efficacy and minimizing pharmaceutical cost to the patient and organization.

In order to gain inpatient distribution experience, residents will provide periodic weekend staffing, with a minimum of 12 weekends throughout the residency year. All clinical and distributive functions of a staff pharmacist will be performed during this time, including IV medication preparation and clinical services. A research project is required, and each resident will present their project at the local area meeting and at the Western States Conference for Pharmacy Residents, Fellows, and Preceptors in San Diego, California. Appropriate resources are provided to guide the resident through the process of developing, executing and presenting a research project.

About the Medical Center

The VA Puget Sound Health Care System is a 504-bed acute care center that provides tertiary care for veterans in Western Washington. Services are also provided to veterans upon referral from Alaska, Eastern Washington and Northern Idaho. The VA is affiliated with the University Of Washington School Of Medicine and has 37 allied health training programs (including pharmacy, nursing, psychology, and various other disciplines). Inpatient and outpatient clinical services include medicine, dialysis, surgery, neurology, substance abuse, rehabilitation medicine, gerontology, spinal cord injury, bone marrow transplant, women's care and psychiatry. The Medical Center receives over \$7 million of VA funding and \$10 million of non-VA funding for biomedical, gerontological, rehabilitation, and health systems research.

Benefits

The stipend and benefits are determined annually on a national basis by the VA and are adjusted per location. Each resident is eligible for two weeks of vacation, 10 paid holidays, sick leave, medical and life insurance, employee parking, and white coats. All residents are provided administrative leave to attend educational conferences including the ASHP Midyear Clinical Meeting and the Western States Conference for Pharmacy Residents, Fellows, and Preceptors.

Qualifications

All residency candidates must meet the following prerequisites:

- ◆ United States Citizenship
- ◆ Bachelor or Doctor of Pharmacy with eventual licensure in any state
- ◆ A minimum GPA of 3.0
- ◆ A personal, on-site interview
- ◆ Participation in the [ASHP residency matching program](#)

How to Apply

Interested candidates may apply through the **PhORCAS (Pharmacy Online Residency Centralized Application Service) application portal**. Standard application materials include:

- 1) Basic demographics
- 2) Verified transcripts (undergraduate and pharmacy school)
- 3) Letter of intent and curriculum vitae
- 4) Submission of three letters of recommendation from preceptors and university/college faculty as required through PhORCAS.
- 5) Extracurricular information
- 6) **Supplemental information**
 - a. **A completed Application for Associated Health Occupations (VA Form 10-2850c)**

Deadline for application to the VA residency is **January 5th, 2015**. The resident must participate in the American Society of Health-System Pharmacists (ASHP) residency matching program.

Please note: This residency site agrees that no person at this site will solicit, accept, or use any ranking-related information from any residency applicant.

Residency Director:

Howard Mun, Pharm.D., BCPS, AQ in Cardiology, BC-ADM
PGY-1 Residency Program Director/Formulary Program
Manager
Clinical Pharmacy Specialist
VA Puget Sound Healthcare System
Clinical Assistant Professor
University of Washington School of Pharmacy
E-mail: howard.mun@va.gov

For more information or an application, please contact:

Laura Hart, Pharm.D.
PGY-1 Pharmacy Resident
VA Puget Sound Healthcare System
Clinical Instructor
University of Washington School of Pharmacy
E-mail: laura.hart2@va.gov
Work: 206-277-4572

Overview of Rotations

Residency Training Schedule

The residency is a one-year program beginning Monday July 5th, 2015. It is a full-time obligation with a minimum of 2,000 hours completed over a period of 50-52 weeks. The resident's schedule will be designed according to the resident's individual interests, background and education, as well as the needs of the institution. Residents become competent in each activity by meeting set goals and objectives and are monitored throughout the program.

Four week clinical rotations in addition to longitudinal clinic rotations provide experience and develop competence in four major areas of pharmacy practice including: acute patient care, ambulatory patient care, drug information, and practice management. The resident schedule will consist of eight scheduled clinical rotations, two elective rotations, and two (five month) longitudinal clinic rotations.

Scheduled clinical rotations	Elective rotations	Longitudinal clinic rotations
<ul style="list-style-type: none">◆ Primary Care Clinic (American Lake)◆ Primary Care Clinic (Seattle)◆ Medical Center of Excellence in Primary Care Education◆ General Internal Medicine◆ Surgical Intensive Care Unit◆ Oncology◆ Bone Marrow Transplant Unit◆ Pharmacy Practice Management	<ul style="list-style-type: none">◆ Spinal Cord Injury◆ Home-Based Primary Care◆ Mental Health Clinic◆ Antimicrobial Stewardship◆ Medical Intensive Care Unit	<ul style="list-style-type: none">◆ Arthritis Clinic◆ Cardiology Clinic◆ Diabetes Clinic◆ Geriatric Research Education and Clinical Center (GRECC)◆ Hepatology Clinic◆ Pulmonary Clinic◆ Renal Clinic◆ Women's Health Clinic◆ Pharmacy Administration

Acute Inpatient Care

Acute patient care pharmacy services are aimed at optimizing drug therapy. The resident will gain an appreciation for formulary management while learning to incorporate evidence-based medical practices. The resident will have the opportunity to provide pharmacy services to various inpatient teams and providers by evaluating patient drug regimens and making appropriate interventions.

Inpatient activities include:

- ◆ Consultation in drug therapy selection
- ◆ Discharge counseling
- ◆ Drug information
- ◆ Formulary management
- ◆ Monitoring drug therapy
- ◆ Nutrition support
- ◆ Patient education and counseling
- ◆ Patient medication reconciliation
- ◆ Precepting pharmacy students

Ambulatory Patient Care

Ambulatory patient care pharmacy services provide primary and specialized health care to veterans. The resident will be involved in direct patient care and disease state management in collaboration with multidisciplinary teams.

Ambulatory activities include:

- ◆ Disease state management of various chronic conditions
- ◆ Drug information requests
- ◆ Formulary management

- ◆ Monitoring safety and efficacy of drug therapy
- ◆ Participating in physical assessment and patient triage
- ◆ Patient counseling
- ◆ Providing drug information to healthcare professionals
- ◆ Reviewing patient profiles for drug interactions, therapeutic duplications, or contraindications

Pharmacy Practice Management

Pharmacy practice management for inpatient and outpatient is covered through an initial training session and several rotational experiences throughout the residency. Activities in this area provide experience in the overall direction and integration of pharmacy services.

Activities in this area include:

- ◆ Administrative projects
- ◆ Continuous quality improvement sessions
- ◆ Formulary / budget reviews and recommendations
- ◆ Interdepartmental projects and correspondence
- ◆ Monthly staffing requirements
- ◆ Management of controlled substances
- ◆ Workload / priority management
- ◆ Drug Information and Drug Use Policy Development
- ◆ Adverse drug reaction reporting
- ◆ Drug information
- ◆ Formulary management
- ◆ Formulary monographs and drug reviews
- ◆ Medication error reporting
- ◆ Pharmacy Drug Bulletin Newsletter
- ◆ Staff presentations

Rotation Descriptions

Scheduled Rotations

PRIMARY CARE CLINIC – SEATTLE (4 weeks)

The Primary Care Clinic (PCC) rotation provides the resident with the skills to perform the responsibilities of a Primary Care Clinical Pharmacy Specialist. The resident attains a well-rounded knowledge base of primary care disease states and therapy guidelines. Residents function independently in counseling patients on medication therapy upon completion of this rotation. The resident develops the skills to conduct a pharmacy clinic visit that ensures safety and efficacy of medication therapy and practice written and verbal communication skills to function as a patient-provider liaison.

MEDICAL CENTER OF EXCELLENCE IN PRIMARY CARE EDUCATION (4 weeks)

The VA Puget Sound, Seattle Division has been selected to participate in the VA Center of Excellence in Primary Care Education, whose mission is to promote the advanced education of interprofessional teams, thereby creating clinical leaders able to deliver patient centered care, transform delivery of health care services, and improve health outcomes. Pharmacy residents will actively partake in this new and highly innovative program with dedicated pharmacy preceptors in providing hands on didactic education and pharmacy consultation for medical residents and nurse practitioner students enrolled in this curriculum. Future plans are in place for additional pharmacy involvement in disease state management duties and responsibilities.

PRIMARY CARE CLINIC - AMERICAN LAKE (4 weeks)

The American Lake Ambulatory Care rotation allows the resident to gain experience working on a primary care multidisciplinary team. The resident will work directly with providers, nursing staff and other team members to provide health care to veterans. Responsibilities include counseling patients on their medications, performing disease state management (primarily hypertension, diabetes and hyperlipidemia), and serving as a drug information resource for team members and patients. As schedule permits, there will be opportunity to teach group classes

(anticoagulation, diabetes, weight management) and participate in other specialty clinics at the site (Addiction treatment clinic and clozapine clinic).

GENERAL INTERNAL MEDICINE (4 weeks)

The resident will participate with a general medicine team in daily activities which include work rounds and attending rounds. The resident will conduct patient admission histories, monitor drug therapy and outcomes, provide drug information to the medical team, and provide patient/family education and medication counseling. The resident will be involved with pharmacokinetic monitoring and formulary management. The purpose of this general medicine rotation is to provide exposure and education in the care of patients requiring acute inpatient hospitalizations. The rotation will be focusing on understanding pharmacotherapy and using evidence-based literature to develop therapeutic regimens.

SURGICAL INTENSIVE CARE UNIT/SICU (4 weeks)

The overall purpose of the SICU rotation is to allow the resident to gain experience in some aspects of critical care medicine relative to surgery. Emphasis will be placed on evidence-based critical care concepts and pharmacotherapy while assuming responsibility for medication therapy outcomes. This will allow the resident to assert an active role as the pharmacist on the multidisciplinary team through development, assessment, and ongoing monitoring of medication therapy. Resident will be involved in the daily activities and direct care involved in peri-operative management of patients in the SICU and step-down unit. The resident will work in collaboration with other health care providers (physicians, ARNPs, PA-Cs, nurses, nutritionists, and respiratory therapists) to understand, develop, and monitor a therapeutic plan daily. This rotation is designed to provide an intense focus on critical care, including pathophysiology and disease/medication management.

ONCOLOGY CLINIC (4 weeks)

The resident will participate in daily activities in the care and management of patients receiving treatment for a variety of oncologic disorders including solid tumors, lymphomas and leukemias. This rotation includes provision of care in both inpatient and outpatient settings. Focus will be on understanding of therapies directed at treatment and symptom management of cancer patients. At the end of this rotation, the resident will have gained understanding of chemotherapy treatment protocols, and developed practice skills in medication review, appropriate laboratory monitoring, and implementation of treatment plans while working as a pharmacist in a multidisciplinary cancer care clinic.

BONE MARROW TRANSPLANT UNIT (4 weeks)

The resident provides direct patient care to Marrow Transplant Unit (MTU) patients in collaboration with the multidisciplinary team. Responsibilities include attending interdisciplinary rounds, TPN management, making recommendations to optimize drug therapy (immunosuppression, infection prophylaxis, etc.) throughout the transplant process, and counseling opportunities. The resident also acts as a preceptor to fourth year pharmacy students. Precepting responsibilities include facilitating topic discussions and helping students prepare for their presentations. The resident also presents one in-service to the MTU staff. Other learning opportunities include attending meetings and lectures on the MTU as time allows. The resident may also observe procedures, including bone marrow biopsies and lumbar punctures.

PHARMACY PRACTICE MANAGEMENT (4 weeks)

The management (MGMT) rotation prepares the resident to perform pharmacy practice management and formulary management responsibilities. The resident will attain a well-rounded knowledge base of pharmacy practice management activities and of the formulary and therapy guidelines. Residents will be able to respond to medication information inquiries to ensure safety and efficacy of medication therapy, and improve written and verbal communication skills to resolve formulary management issues.

Elective Rotations

SPINAL CORD INJURY UNIT (4 weeks)

The resident will participate in daily patient care activities in collaboration with SCI providers which includes ward, bowel care, and wound rounds. The resident will attend the comprehensive medication review rounds (Rx/SCI rounds) with the pharmacy preceptor and SCI providers weekly, provide medication formulary management, participate in disease management, is a resource for SCI providers for drug information related questions, and provide patient and family medication education and counseling.

HOME-BASED PRIMARY CARE (4 Weeks)

Residents will function as a provider extender and patient-provider liaison. There will be opportunities to develop skills to conduct a pharmacy home visit to ensure safety and efficacy of medication therapy. Residents will attain a well-rounded knowledge base of primary care disease states and therapy guidelines and will function independently in providing teaching to nursing staff regarding medication therapy in the elderly. The resident will also attend HBPC Interdisciplinary Team Meetings two times each week.

MEDICAL INTENSIVE CARE UNIT (MICU 4 weeks)

The goal of this clinical experience is to provide the pharmacy resident with unique opportunities to develop, manage, and optimize pharmacotherapeutic plans in the context of complicated and challenging patients who require an elevated level of medical care. These experiences are intended to form a framework for gaining insight into the realm of critical care medicine that may serve as the foundation for future career opportunities within this clinical specialty. Emphasis will be placed on evidence-based critical care concepts and pharmacotherapy while assuming responsibility for medication therapy outcomes. The resident will serve an active role on the multidisciplinary team, including presence on daily rounds. This will necessitate professional collaboration with other health care providers to ensure that pharmacotherapy is optimized for the patient's specific needs. Other valuable opportunities on this rotation will include education of medical, pharmacy, and nursing staff on particular topics pertinent to pathophysiology and disease state/medication management in the MICU.

ANTIMICROBIAL STEWARDSHIP (4 Weeks)

The Infectious Disease rotation is a learning experience directed at providing care for patients with acute infectious disease processes while practicing antimicrobial stewardship. Residents participate in all aspects of multi-disciplinary care as part of the Infectious Disease (ID) Consult Service and VA Puget Sound Antimicrobial Stewardship Program (ASP). The ID Service is a consulting specialty service, which consists of infectious diseases attending physicians and fellows, medical residents, and the antimicrobial stewardship pharmacist. The Antimicrobial Stewardship program consists of a pharmacist and ID physician. Pharmacy residents will formally contribute to a stewardship effort; formally write one researched drug information question and may complete a comprehensive, written pharmaceutical care plan as identified by the preceptor as minimum requirements of the infectious disease rotation.

MENTAL HEALTH CLINIC (4 weeks)

The resident will be involved in daily activities and direct patient care in the outpatient mental health clinic in collaboration with clinic providers. Resident will be greatly involved in assisting with direct patient care through counseling, psychiatric assessment, disease state management, and as a resource for mental health providers for drug information. Resident also will have opportunities to participate in morning rounds with attending inpatient psychiatry physicians and residents in the inpatient psychiatric unit.

Longitudinal Clinic Rotations

ARTHRITIS CLINIC

The arthritis pharmacy collaborative care clinic receives referrals from rheumatology providers to manage and monitor patient's rheumatology conditions to attain goals of therapy. The referrals may involve gout disease state management (medication initiation, titration, laboratory monitoring and adherence to therapy) and rheumatology medication laboratory monitoring. The resident will become proficient in conducting patient clinic visit, proposing and implementing treatment plan. Preceptor will provide feedback on proposed treatment plan and consensus to implement. In addition, resident will provide pharmacy consultation, patient counseling and prescription processing.

CARDIOLOGY CLINIC

Residents are involved in direct patient care activities related to cardiac disease state management in collaboration with cardiology providers. Residents develop the necessary skills and knowledge base to provide pharmacologic management for conditions, including but not limited to post-ACS/MI, HTN, dyslipidemia, and heart failure. Residents assess medication adherence/tolerance, labs and physical assessments, disease progression, and social history to determine changes in regimen to attain treatment goals while ensuring patient safety. In addition, residents will be involved in medication use evaluations and will serve as a valuable drug therapy resource for cardiology providers. Topic discussions or formal case presentations occur weekly with a focus on the standards of practice as outlined by the American Heart Association (AHA) and American Association of Cardiology (AAC).

ENDOCRINOLOGY CLINIC (DIABETES)

Residents are involved in direct patient care activities related to diabetes management for patients on complex regimens or with unique confounding factors. Residents develop the necessary skills and knowledge base to provide pharmacologic management in diabetes. Residents assess medication adherence/tolerance, labs, disease progression, and social history to determine changes in regimen to attain treatment goals while ensuring patient safety. In addition, residents are involved in medication use evaluations and serve as a valuable drug therapy resource for endocrinology and primary care providers. The residents also participate in topic discussions with a focus on the standards of practice outlined by the American Diabetes Association (ADA), the American Association of Clinical Endocrinologist (AACE), and American Association of Diabetes Educators (AADE).

GERIATRICS RESEARCH EDUCATION AND CLINICAL CENTER CLINIC (GRECC)

Residents are involved in the daily activities and direct patient care of geriatric patients in collaboration with other geriatric providers. Resident responsibilities include patient counseling, physical assessment, disease state management, and serving as a resource for geriatric providers for drug information-related questions. Other activities include weekly discussions of a medical topic related to geriatrics and formal case presentations.

HEPATOLOGY CLINIC

With the recent advances and increasing complexity in pharmacological management of patients with chronic hepatitis C virus infection (HCV), there is a new opportunity for resident involvement in the care of these patients within a longitudinal clinic setting. Residents are involved in patient care including counseling opportunities, limited physical assessment, disease state management, safety and efficacy monitoring, drug-drug interaction management, and serving as a resource for hepatology providers for drug information related questions. Other activities include a weekly discussion of a medical topic relating to hepatology or formal case presentations.

PULMONARY CLINIC

The Pulmonary Clinic resident is extensively involved with educating patients on various inhalation techniques by utilizing inhaler education devices and tools and documenting inhaler education with chart notes. Inhaler education notes document a patient's inhaler technique, areas of correct technique, areas needing improvement, and recommendations if any further follow-up on inhaler education is required. The resident also provides formulary expertise and acts as the drug information specialist for Pulmonary Clinic providers. The resident prepares a weekly topic/journal article discussion relating to pulmonary conditions.

NEPHROLOGY CLINIC

The resident attains a well-rounded, working knowledge base of chronic kidney disease (CKD), diabetic nephropathy, renal artery stenosis (RAS), and other commonly encountered diseases affecting the kidneys. The resident works closely with the renal pharmacist preceptor and renal providers to provide evidence-based drug therapy recommendations accompanied by appropriate safety and efficacy monitoring, follow-up, and documentation. This rotation also provides extensive experience in triaging acute patient issues and managing refractory hypertension, volume overload, or electrolyte abnormalities in complex patients with multiple co-morbidities.

WOMEN'S HEALTH CLINIC

Residents will be involved in daily activities in collaboration with primary care providers with a focus in women's health. Direct patient care activities include conducting patient interviews, documentation, physical assessment, counseling opportunities, medication reconciliation, and serving as a liaison and resource to primary care providers. As an elective, the resident will also have opportunities to participate in Women's Health rounds and Women's Clinical Care conference with other educational opportunities with WHC nursing staff/providers/gynecologist. If interested, this rotation could potentially be integrated with the primary care rotation.

PHARMACY ADMINISTRATION

The management longitudinal rotation prepares the resident to perform pharmacy practice management in either formulary management or Ambulatory Care pharmacy services and allows the initiation and completion of important long term pharmacy administrative projects. The resident will attain a well-rounded knowledge base of pharmacy practice management activities with a focus on project management and implementation. Residents will be assigned long term clinical and administrative projects, working with other pharmacy managers and staff, collect and assess findings, develop resolution plans, and implement changes.

Frequently Asked Questions

1. How many pharmacy residents train at VA Puget Sound each year?

VA PSHCS currently has seven positions in our PGY-1 Pharmacy Residency Program. Residents share a centralized office and interact with each other on a daily basis.

2. How do I apply for a residency position at VA Puget Sound?

Residents are selected through the Residency Matching Program. This is administered through the American Society of Health-System Pharmacists (ASHP). Visit the ASHP web site at: <http://www.ASHP.org>, select the link to “Residency and Accreditation Information,” and then select the link for “PhORCAS” for more details about applying for a residency.

3. How much staffing is required of the residents?

The pharmacy residents are required to staff every third weekend once training is complete with a minimum of 12 weekends throughout the residency year. This is designed to meet the staffing experience requirement for accredited Pharmacy Practice Residencies. During this staffing experience the resident will review and verify medication orders and perform clinical pharmacy monitoring functions.

4. What types of elective rotations are available?

Pharmacy residents have 8 weeks of elective opportunities during the residency year. These electives may include (but are not limited to) spinal cord injury, home based primary care, antimicrobial stewardship, medical intensive care unit, mental health, continuation of other scheduled rotations, or off-site rotations. The elective time is used to tailor specific interests of the resident within the training program.

5. Can I do an elective at a different site?

It is possible for one elective to be completed outside of VA Puget Sound. An outside site must be affiliated with an established residency program and the preceptor must be willing to have a resident from VA Puget Sound. The resident is responsible for arranging an outside experience if one is desired.

6. How is the performance of pharmacy residents evaluated?

Residents are evaluated by preceptors on every rotation through ResiTrak. The evaluations are based on the ASHP Residency Learning System. Specific goals and objectives must be met for each of the rotations.

7. What types of health benefits are available to pharmacy residents?

Residents have access to the same medical, dental and vision insurance plans that are offered to full time employees of VA Puget Sound. These include a wide range of HMO (Health Maintenance Organization) and PPO (Preferred Provider Organization) health plans.

8. Do pharmacy residents go to educational meetings?

Residents are expected to attend the ASHP Midyear Clinical Meeting in December and the Western States Conference for Pharmacy residents, Fellows, and Preceptors in May. Travel funds are not available and are the responsibility of the resident. If funds are available, registration to the Midyear Clinical Meeting or Western States Conference may be funded, otherwise it is the responsibility of the resident.

9. Do I need a Washington Pharmacist license to be a pharmacy resident at VA Puget Sound?

Residents are required to have a state pharmacist license in order to fulfill their duties as a pharmacy resident. However, the license can be from any state in the USA.

10. Do I need to be a U.S. citizen to be a resident at VA Puget Sound?

Yes. According to federal law, you must be a citizen of the United States of America in order to be employed as a pharmacy resident at VA Puget Sound.

11. What type of computer and electronic resources are available at VA Puget Sound?

VA Puget Sound utilizes an electronic medical record. Each pharmacy resident desk has its own dedicated work office desk and computer terminal. Residents have access to a wide variety of Windows-based programs and drug information resources. Additional media devices are available for temporary use on request.

12. What types of medical references are available?

VA Puget Sound has access to a large number of electronic and paper drug information and therapeutics references. Drug references include but are not limited to Up To Date, Micromedex, AHFS Drug Information, USP DI, Dipiro, and many more. Residents also have access to the library, which carries medical text books and maintains subscriptions to various medical journals.

13. What jobs have former residents taken after completing a pharmacy residency at VA Puget Sound?

The primary objective of the residency training program is to prepare pharmacists to take a role in any practice setting and be able to face the challenges of contemporary pharmaceutical care. Former residents have taken a wide variety of positions in several practice settings. Former residents now work in clinical pharmacy practices in both inpatient and ambulatory care settings; many have stayed at VA Puget Sound. Others have entered specialty programs or fellowships. Residents have also gone on to develop new clinical services and clinics at the VA and elsewhere. Some residents have become university faculty or preceptors. Former residents have also become pharmacy supervisors or clinical coordinators.

14. What is there to do in the Pacific Northwest?

Western Washington is home to the Puget Sound and the Cascade and Olympic mountain ranges, which offer breathtaking scenery and provide numerous outdoor activities to suit your spirit of adventure year-round. Activities include camping, kayaking, rock climbing, miles upon miles of scenic bike trails, access to the West Coast's best winter recreation areas, and some of North America's premier hiking. Additionally, you will find historic communities, picturesque lighthouses, and a legacy of Native American culture throughout the state. As the metropolitan center of the Puget Sound, Seattle offers an incredible array of restaurants, historic sites, and an eclectic arts/music scene and is within 3 hours of Portland, OR and Vancouver, BC.